

Introduction to Nursing

Final Exam Study Guide

Health and Wellness

• Goals of healthy people 2020.

1. achieve high-quality, longer lives free of disease, disability, injury, and premature death,
2. eliminate health disparities,
3. create social and physical environments that promote health for all people; and
4. promote quality of life, healthy development, and healthy behaviors across the life span

• Goals of health promotion programs.

-they help patients maintain and improve health.

-With passive strategies of health promotion, individuals gain from the activities of others without acting themselves.

-With active strategies of health promotion, individuals adopt specific health programs

• Define health promotion. What are examples of health promotion strategy?

- is behavior motivated by the desire to increase well-being and actualize human health potential, whereas health protection is behavior motivated by a desire to avoid illness, detect it early, or maintain function within the constraints of an illness

Profession of Nursing

• Review aspects of accountability and responsibility in nursing.

• Review roles of the nurse.

Caregiver: help patients maintain and regain health, manage disease and symptoms, and attain a maximal level function and independence through the healing process.

Advocate: protect your patient's human and legal rights and provide assistance in asserting these rights if the need arises.

Educator: explain concepts and facts about health, describe the reason for routine care activities, demonstrate procedures such as self-care activities, reinforce learning or patient behavior, and evaluate patients' progress in learning

Communicator: allows you to know your patients, including their strengths and weaknesses and their needs; and when possible, to know the family's concerns and needs.

Leader: you will work with others to create a vision and then make decisions and take action to achieve this vision. You will assess the situation, identify strategies using the best evidence, and guide others toward the vision

Manager: need to establish an environment for collaborative patient-centered care to provide safe, quality care with positive patient outcomes. A manager coordinates the activities of members of the nursing staff in delivering nursing care and has personnel, policy, and budgetary responsibility for a specific nursing unit or agency.

• Review the types of education found within healthcare for the nursing professional.

Master of Arts in Nursing [MA], Master of Nursing [MN], or Master of Science in Nursing [MSN]) is for RNs seeking roles such as nurse educator, nurse administrator, clinical nurse leader, nursing informatics specialist, or advanced practice registered nurse (APRN).

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